

MIND OVER AGE

A Practical Guide with Simple, Powerful Steps to Restore Clarity, Sleep, and Sanity

By Demi Nasiou



@MINDOVERAGE

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“I SEE YOU.
I HAVE BEEN YOU.
YOU ARE NOT
ALONE
AND THERE IS A
WAY THROUGH
THIS.”

DEMI NASIOU
@mindoverage

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Introduction

My 53rd birthday wasn't much of a celebration.

It felt more like a switch was flipped—one I didn't know existed and certainly didn't ask for. Overnight, my own mind felt like it had been hijacked. The words I was looking for, simple words I'd used a thousand times, would vanish right as I was about to speak, making me feel foolish. I'd walk into the kitchen with a clear purpose, only to find myself standing in the middle of the room, completely blank, looking around with the thought erased as if it had never been there.

They call it “brain fog.” I called it a private, waking nightmare.

And it wasn't just the fog. It was the anger. A hot, prickly irritation simmered just under my skin, ready to boil over at the slightest thing: the sound of chewing, a question I had to answer twice, or the simple fact that the keys weren't where I thought I'd left them. I was hurting the people I loved most, and the guilt that followed was almost as bad as the anger itself.

A Stranger in Your Body

My husband would often tell me that he no longer recognized me. That I was someone else, and he wanted the woman he loved and married back.

Then came the nights. Or rather, the lack of them. I'd fall into bed, exhausted, only to be violently woken at 3 or 4 a.m., my heart pounding, my t-shirt and sheets soaked in sweat as if I had run a marathon. Then, within a few minutes, the chill would follow. Sleep, after that, was a lost cause.

Does any of this sound familiar to you? That feeling of being a stranger in your own body, a ghost in your own life? I went to many doctors who patted my hand and said, *"It's just menopause; it will pass."* Friends told me it was just a part of getting older, and that now I would understand what awaits me in the years to come.



"At this moment, I realized that I had to refuse to accept that this state of confusion, irritation, insomnia, and exhaustion was my new normal. I refused to believe that the vibrant, sharp, and joyful woman I used to be was gone for good."

One morning, after another sweaty, sleepless night, I looked in the mirror and didn't recognize the exhausted, anxious woman staring back at me. And in that moment, I made a decision. I was done being a passive victim of my own biology. I was going to fight back.

This book is the story of that fight—**my roadmap out of the fog.**

I want to be perfectly clear: this is not a medical textbook filled with complicated science. It's not a collection of vague suggestions like "*reduce stress*" or "*get more sleep.*" You and I both know how infuriating that advice is when you're so stressed you can't think and so tired you can't function.



No. This is a practical, step-by-step account of the simple, powerful things I actually did.

The changes I made to my home, my diet, and my daily habits that, one by one, began to silence the noise, lift the fog, calm my sleep, and give me back my life.

I am not a doctor or a scientist. I am a woman, just like you, who was lost in the hormonal wilderness and had to draw her own map to find her way out.

This book is that map.



The fog can lift!

It's straightforward, it's honest, and it's what worked for me.

I wrote it because it's the guide I wish someone had handed me on that distressing 53rd birthday.

The fog can lift. Clarity, calm, and a good night's sleep are not things of the past.

They are waiting for you again.

Let's begin.



PART 1:

U N D E R S T A N D I N G
T H E
M E N O P A U S A L
B R A I N : W H Y Y O U
F E E L T H I S W A Y

The Hormone Rollercoaster and Your Brain

Have you ever been mid-sentence, talking about something you know perfectly well, and the key word just... evaporates? Or have you ever felt a sudden tidal wave of rage rise up in you over something ridiculously small, over something as small as a dropped spoon?

For years, I prided myself on being a sharp, articulate, and level-headed woman. Then menopause began, and it felt like a stranger had taken over the controls. I thought I was losing my mind, or worse, that my personality was changing into something ugly, angry, and confused. It took me a long time to understand what was really going on.

It wasn't a flaw in my character; it was just chemistry.

Let me introduce the two main characters in this play: ***Estrogen and Progesterone.***

For most of our lives, they dance together in a relatively predictable rhythm. But during perimenopause and menopause, they don't just stop dancing—they start a chaotic brawl inside our bodies, and our brain is caught in the crossfire.



Think of **estrogen** as the brain's high-speed internet connection. It helps our brain cells (neurons) communicate quickly and efficiently. It's what helps us with verbal memory—finding the right word, recalling a name, speaking fluently. It keeps our thinking sharp and our mental pathways clear.

When our estrogen levels start to drop and fluctuate wildly, it's like our brain's internet connection suddenly downgrades to old-school dial-up service. The signal becomes weak and unreliable. Thoughts buffer. Words get lost in transit.

That's brain fog. It's a physical reception problem, not a sign that you're losing your intelligence.

Now, let's talk about **progesterone**. Think of progesterone as your brain's natural calming balm. It has a soothing, almost sedative-like effect. It's the hormone that tells your nervous system, "*Everything is okay. We can relax.*" It helps you sleep and keeps anxiety in check. When progesterone takes a nosedive, that calming balm is wiped away.

Suddenly, there's no buffer. Your nervous system is raw, exposed, and on high alert. That's why small annoyances feel like major catastrophes. That's where the sudden, inexplicable rage and the intense, skin-deep anxiety comes from. Your natural peacekeeper has left the building.



So, picture this perfect storm: Your thinking is fuzzy and slow because your “*internet*” is down (low estrogen), and at the same time, your alarm system is blaring because your “*calming balm*” is gone (low progesterone).

So, is it any wonder we feel overwhelmed, irritable, and lost?

I need you to hear this loud and clear: **You are not going crazy.** You are not losing your mind. You are not a bad person. You are just a woman experiencing a profound hormonal shift that is physically impacting the way your brain functions.



Understanding this was the first, most important step in my journey.

It allowed me to stop blaming myself and start looking for real solutions. It shifted my focus from “*What’s wrong with me?*” and “*Why am I behaving this way?*” to “*What does my brain need right now to get back online?*”

Now that we understand our bodies' internal chemistry, we need to look at the second piece of this puzzle, the one that makes everything a hundred times worse: sleep. Or, more accurately, the lack of it. I’m sure you’re familiar with the 3 and 4 a.m. wake-up calls.

The Science of Sleeplessness

Let's talk about those 3 and 4 a.m. wake-up calls.

For me, it wasn't a gentle stirring. It was a violent jolt, like an alarm bell going off inside my chest. One second I was asleep, and the next, my heart was hammering against my ribs, a furnace of heat erupting from my core, drenching me in sweat.

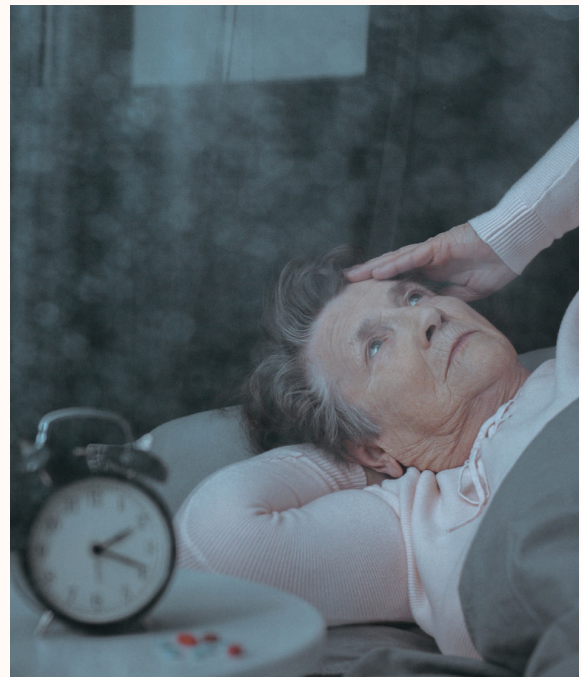
Then, just as quickly, the fire would vanish, leaving me clammy, cold, and wide awake. And I mean awake. My mind would be racing, churning over worries, remembering old conversations, making to-do lists. **Sleep was an impossible dream.**

If this is your reality, you're not a "*bad sleeper.*" You are fighting a biological battle every single night.

Remember our two friends, estrogen and progesterone? Well, they have a crucial job at night, too.

They help regulate your body's internal thermostat, which is located in a part of your brain called the *hypothalamus*. When their levels plummet, that thermostat breaks.

Your brain gets confused and thinks your body is overheating, so it triggers the emergency response: a hot flash. It's a full-body fire drill designed to cool you down fast, which is why you sweat so profusely.



But it's the next part that truly sabotages your brain.

When that fire drill goes off, your body doesn't know it's a false alarm. It thinks there's a real emergency. So it does what it's programmed to do: it floods your system with the stress hormone, *cortisol*.

Cortisol is your body's "*fight-or-flight*" juice. It's what gives you a surge of energy to run from danger. It makes you hyper-alert, sharpens your senses, and gets your heart pounding. This is incredibly useful, for example, if a bear is chasing you. It is incredibly unhelpful when you are just trying to sleep in your bed at 3:30 a.m.

So now you're lying there, drenched and cold, but also completely wired.

Your brain is on high alert, thanks to cortisol.

That's why you can't get back to sleep.

This creates the most vicious of cycles:

- A hot flash wakes you up.
- Your body releases cortisol, making you anxious and alert.
- You lie awake for hours, exhausted but unable to sleep.
- You finally start the next day already depleted, running on empty.
- This exhaustion puts your body under even more stress, which can keep your cortisol levels elevated all day.
- You go to bed that night already stressed and wired, making you even more likely to have a broken, sweaty, sleepless night.

And on, and on, and on.



This isn't just about feeling tired. It's about robbing your brain of its essential maintenance cycle.

Deep sleep is when your brain cleans house. It flushes out toxins, consolidates memories (moving them from short-term to long-term storage), and repairs cellular damage. When you are constantly being ripped out of that deep sleep your brain never gets a chance to take out the trash.

The toxins build up.

Memories get misplaced. It's no wonder you can't find your words or remember why you walked into a room.

Your brain is clogged with the debris of sleepless nights.

Once I understood this vicious cycle—the broken thermostat, the cortisol flood, the brain-cleaning I was missing—I finally saw the enemy clearly. This wasn't some vague mystery. It was a chain of events.

And if it's a chain, that means it has links. **And links can be broken.**

This is where we stop just understanding the problem and start doing something about it. We are going to start by breaking the weakest link in that chain.

And it begins by turning our environment, especially our bedroom, *into a fortress of calm.*





PART 2 :

PILLAR 1 :

CRAFTING YOUR
SANCTUARY FOR
DEEP SLEEP AND
CALM

The “Metallic Hum” and Other Invisible Stressors

Now that we understand the battle happening inside our bodies, we need to look at the battle happening in our homes.

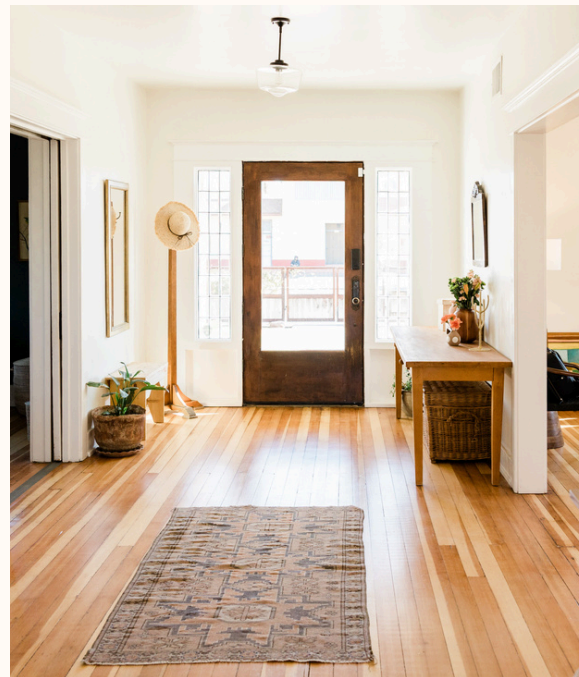
Let me ask you this: Have you ever sat in a room that was completely silent, yet didn't feel calm? There's a kind of invisible static in the air, a low-level hum or a sense of pressure you can't quite put your finger on. **It's a quiet kind of shouting.**

For a long time, I thought this feeling was just another symptom of my own anxiety. Another way my frayed nerves were tricking me. But then I started to notice something strange. The feeling was stronger in certain rooms. It was nearly non-existent when I was outside in the garden.

And then I noticed the smell. It wasn't exactly a bad smell.

It was a faint, sharp, almost metallic odor that seemed to hang in the air, especially at night.

My journey took a strange turn here, one that most doctors won't talk about. I started to wonder if this “*hum*” was real. If this feeling of being constantly “*on*” wasn't just my hormones, but my environment, too.





Remember how we talked about progesterone being our brain's calming balm? And how, without it, our nervous system is raw and exposed?

Think of it like a nerve that has lost its protective coating. It becomes hyper-sensitive to everything—to noise, to light, to stress, and yes, I believe, to the endless sea of electronic signals we now live in.

Our homes are saturated with them. The Wi-Fi router, the smart TV, the wireless headphones, our cell phones, the laptops, even the digital alarm clock by the bed. Each one is constantly sending and receiving invisible signals. When we were younger and our hormonal systems were robust, maybe we didn't notice it. Our bodies could filter it out.

But now? With our nerves already frayed, it's like trying to have a peaceful conversation next to a buzzing power line. It's a constant, low-level stressor that our bodies have to fight, even when we're sleeping—or trying to sleep.

So, I decided to run an experiment. It cost me nothing.

One night, before bed, I went on a mission. I walked through my house and unplugged everything I didn't absolutely need. But the most important thing I did was turn off the Wi-Fi router completely. The next morning, the change was subtle, but undeniable. The air in the house felt... softer. Calmer.

That faint metallic smell was almost gone. **And for the first time in months**, I had slept for a solid four-hour stretch before a hot flash woke me up. It wasn't perfect, but it was a victory.

This was my first real clue that I had more power than I thought. I couldn't fix my hormones overnight, but I could control my environment.

I could create a space where my overloaded nervous system could finally get a break.

This is the first and most foundational pillar of taking back your mind. Before we even talk about diet or herbs, we have to quiet the noise. We have to turn down the invisible static so our brains have a fighting chance to heal.

In the next chapter, I'm going to give you **the exact, step-by-step checklist** I developed.

This is where our real work begins. It's simple, it's free, and it might just be the most profound change you make.



Your Digital Detox Protocol

Alright, let's get practical. I know some of these steps might sound a little extreme at first. Your family might even look at you sideways. Let them. Your clarity and your sanity are what we are fighting for here. This isn't a list of suggestions; **it's a protocol**. It's the set of non-negotiable rules I created for my home to give my nervous system a fighting chance.

I want you to treat this like an experiment. Just try it. You have nothing to lose but the brain fog and that awful buzzing and anxiety feeling.

Here is the exact checklist I followed. Start tonight.

1. Cut the Cords (The Wireless Ones).

Look around your home. What do you see? Wireless headphones? Wireless speakers? A wireless keyboard or mouse?

Disconnect them. Un-pair them from your devices. For now, go back to the old-fashioned way with wires. Every wireless connection is another signal shouting in the quiet of your home.



We want to create as much silence—both audible and inaudible—as we possibly can.



2. *Power Down Completely.*

That little red standby light on your television? It means it's still drawing power and emitting a field. The laptop you just closed but didn't shut down? Same thing. Go through your living room and bedroom and unplug anything you are not actively using.

The television, the game consoles, the computer monitors. Don't just turn them off. Unplug them from the power outlet. Every device we silence adds to the pool of calm.

3. *Tame the Router (The Big Game-Changer).*

The Wi-Fi router is the command center of your home's digital noise. It is constantly broadcasting a powerful signal, 24 hours a day. Controlling it is a two-step process:

For the Day: I bought a special electromagnetic-shielding (EMF-blocking) cover for my router. It's a simple fabric or metal mesh box that you place it inside. It doesn't block the signal completely, but it contains and reduces the raw radiation significantly.

It allows you to have your internet, but with less environmental "*shouting.*"

For the Night (The Non-Negotiable Rule): An hour before you plan to go to bed, turn the router off. Unplug it from the wall. This was the single biggest game-changer for me.

That metallic hum I told you about? That feeling of pressure in the air? It vanished when the router went off. Your home needs to be a dead zone for these signals while you sleep so your brain can finally do its repair work.

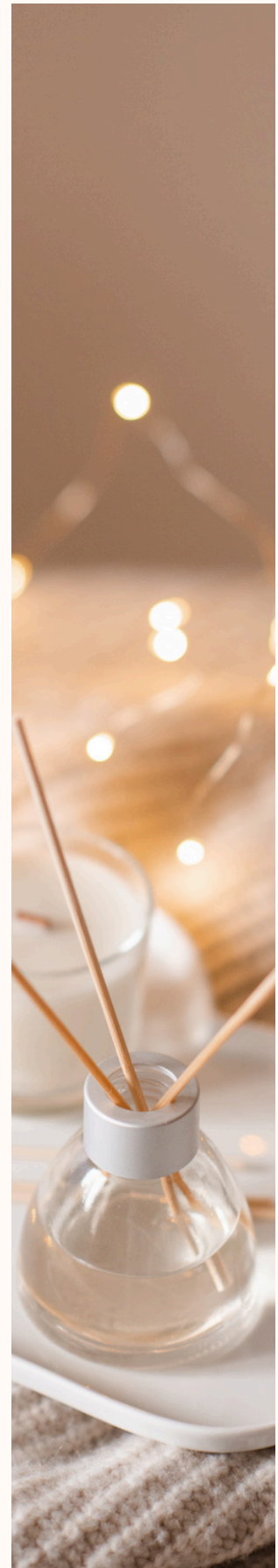
4. Practice Safer Phone Habits.

Our phones are the one device we can't seem to live without, so we have to learn to live with them more intelligently.

No More Phone-to-Head: I cannot stress this enough. Stop holding your cell phone directly against your head. The radiation is strongest right at the source. Use wired headphones for every single call. Yes, it's less convenient. It's also much, much safer for your brain.

Let the Signal Breathe: Never talk on your cell phone in an enclosed metal space like a car without a window open, or in a small, closed room. The signals get trapped and bounce around, intensifying your exposure.

If you have to take a call in the car, crack a window open.



When my family protested about the Wi-Fi being off at night, my answer was simple and firm: “*My sleep is not negotiable.*” I encourage you to adopt the same attitude. This is not about their convenience; this is about your health.

Don't just read this chapter—do it. **Walk through your house right now and see what you can unplug.** Order the router cover. Find your old wired headphones.

Do it tonight.

Think of it as spring-cleaning the very air you breathe. You are preparing the ground so that true, deep healing can finally begin. And the most important ground to prepare is the one place you're supposed to rest: **your bedroom.**

That's where we're going next.



Your Non-Negotiable Sleep Haven

Of all the changes I made, this next one is the most sacred and fiercely protected. We've quieted the digital noise in the rest of your house. Now, we are going to make your bedroom a true sanctuary. A haven. A place so quiet and so pure that your brain finally gets the signal: it's safe to rest now.

To do this, we have one golden rule. It is simple, absolute, and not open for discussion.

If it has a plug or a battery, it does not belong in your bedroom while you sleep.

I'll say that again, because it is the most important sentence in this chapter: If it has a plug or a battery, it does not belong in your bedroom. I declared my bedroom a complete “no-tech zone,” and it became the foundation of my recovery.

It's where your brain does its most critical repair work. Allowing any electronic device in there is like inviting a construction crew with jackhammers into a library.

It defeats the entire purpose of the space.





This means the television, the laptop, the tablet, and any fitness trackers are out. But the biggest offender, the one you must banish tonight, is your phone.

I can already hear your objection: “***But I use my phone as my alarm clock!***”

I did too. And I am telling you now, it is the single greatest saboteur of a good night's sleep. It's a portal to the world's anxiety sitting inches from your head. Your new routine is to plug it in to charge overnight in the kitchen and buy a simple, five-dollar, battery-operated alarm clock for your bedroom.

Now, once you've removed all the electronics, we can take the final steps to master the environment and create total sensory peace.

First, master the darkness. Your brain needs pitch black to produce the maximum amount of melatonin.

Even the tiny standby light from a TV can disrupt this. Get blackout curtains if you have streetlights outside your window.

Cover any gaps of light. Make it as close to a cave as you possibly can.

Second, master the silence.

This was a revelation for me. After I removed all the electronics, I realized how much my sleep was still being disturbed by simple, everyday sounds. The creak of the bathroom door when my husband got up in the night.

The neighbor's dog barking in the early morning. A car door slamming down the street. **Each one was a tiny pinprick** to my already raw nervous system, pulling me out of deep sleep.

The solution was simple and life-changing—I started wearing earplugs to bed every single night. At first, the earplugs felt like foreign objects in my ears, but after 4–5 days I got used to them.

Especially when I realized that I wasn't waking up from various noises and I was sleeping for 6–7 hours straight.

Find a comfortable pair—there are many types, from foam to silicone—and make them part of your ritual. Putting them in is the final step. It's the signal that you are officially closing down for the night. It's you, placing the final seal on your sanctuary. You are telling the world, and your brain, that for the next eight hours, nothing can get in.

A dark, cool, and utterly quiet room. This is your non-negotiable sleep haven. It's not a punishment; **it's the greatest gift you can give yourself.** It's the space where true healing begins.



The 9 PM Digital Sunset

So, we've created our perfect, quiet, dark sleep haven. The phone is charging in the kitchen. The TV is off. The room is a sanctuary.

But the work doesn't start when your head hits the pillow. **The final, critical piece of preparing for rest** happens in the hour before you even walk into your bedroom.

I used to think that scrolling through social media or watching a show on my tablet in the evening was my way of “winding down.” I was wrong. It was the most deceptive form of sabotage.

Your brain has a master switch for sleep, and it's controlled by light. For thousands of years, the system was simple: the sun goes down, darkness falls, and the brain releases a hormone called *Melatonin*. You can think of Melatonin as the “*hormone of darkness*” or the voice that whispers to your body,



“It's nighttime. Time to power down and sleep.”

But the bright, blue-toned light from our cell phones, tablets, and computer screens is a liar. It screams “*Daytime!*” directly into our eyeballs.



When your brain sees that blue light, it thinks the sun is still up. **It hits the brakes on melatonin production.**

So you can be physically exhausted, but if you've been staring at a screen, your brain hasn't even gotten the memo that it's nighttime.

This is why you must create a “*Digital Sunset.*” Just as the real sun sets on the day, your digital sun must set on your evening. For me, the non-negotiable rule became 9 PM. At 9 PM, every single screen in my house goes off, and it stays off. No more “*one last check*” of my email. No more scrolling through a few more posts.

No more finishing just one more episode. Sunset means sunset. The digital day is over.

What do you do with that time? You rediscover the lost art of the quiet hour. You read a real book.

You know the kind—printed on paper (the light from a dim lamp is a warm yellow tone that doesn't disrupt melatonin).

You have a cup of herbal tea. **You listen to calm music.** You stretch. You talk to your partner. You simply sit, and breathe.

At first, this will feel strange. You might feel twitchy, reaching for a phone that isn't there. That's the addiction to stimulation talking. Breathe through it.

After just a few nights, **you'll start to notice a new feeling** taking its place: a genuine sense of calm. For the first time in years, you allow your brain to naturally prepare for sleep without being tricked and confused.

Creating the 9 PM Digital Sunset is how you honor the sanctuary you've built. But it's only half the battle of the pre-sleep hour.

Because what you were watching on that screen matters just as much as the light it was emitting.



Guarding Your Emotions Before Bed

Okay, the screen is off. Excellent. Now let's talk about the residue it left behind.

Think of it this way: you wouldn't eat a massive, greasy meal with three desserts right before bed, and expect to have a peaceful, comfortable night. We know that **what we put in our stomach affects our sleep.**

So why do we think we can feed our minds a diet of fear, stress, violence, and sadness, and then drift off into sweet dreams? I call it *emotional junk food*. And for a menopausal woman whose nervous system is already raw and on high alert, consuming it in the evening is like pouring gasoline on a fire.

I used to love a good crime thriller. I thought I was tough enough to handle the news headlines right before bed. **I was wrong.**

My mind might have been able to rationalize it, but my body was keeping score. Remember *cortisol*, the stress hormone that floods our system during a hot flash?

Watching a scary movie, a traumatic news report, or even a deeply sad drama does the exact same thing. **It signals to your brain that there is a threat.** It doesn't matter that the threat is on a screen.



The physiological response is the same: your heart rate increases, your muscles tense, and your adrenal glands pump out cortisol and adrenaline.

You are literally putting your body into “*fight-or-flight*” mode right at the moment you should be preparing for “*rest and digest*.”

So, you must become a ruthless guardian of your emotional state in the evening. This became another non-negotiable part of my protocol:



7 **No more horrors, thrillers, or violent shows after dinner.** Period.

2 **No more news.** I catch up on the day's events in the morning or afternoon. The world's crises do not need to be my bedtime stories.

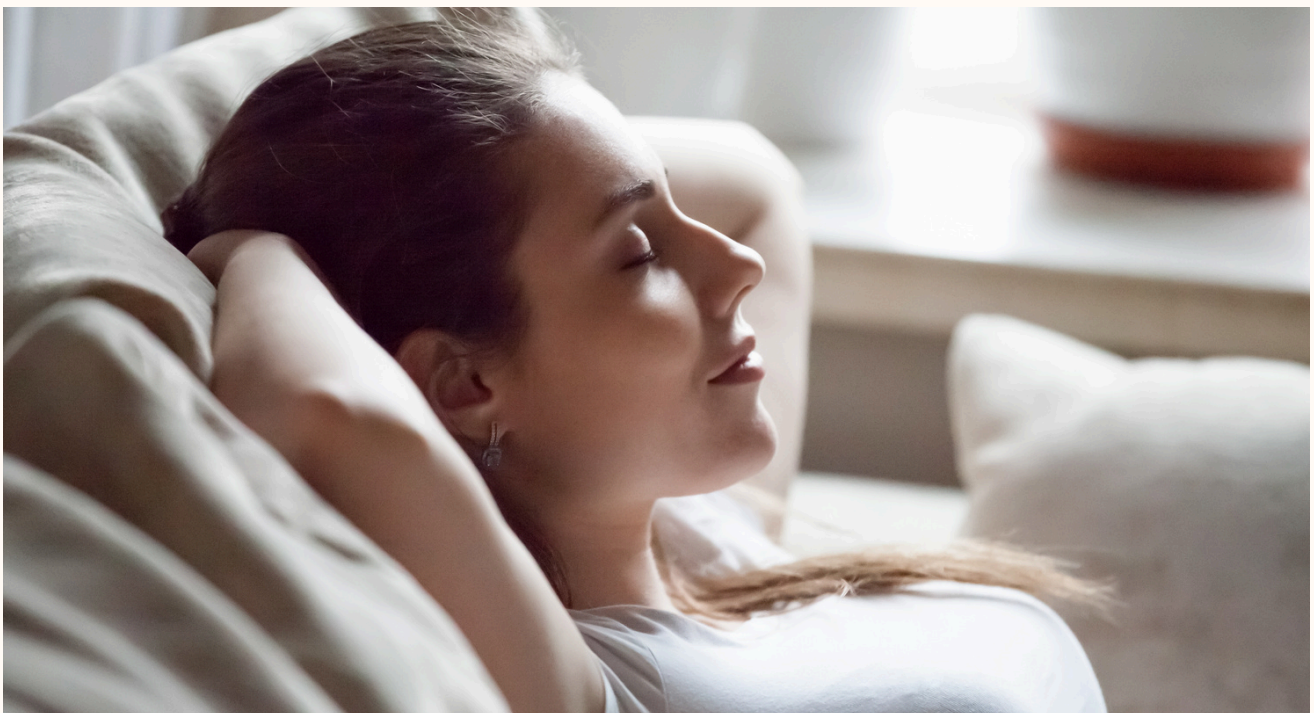
3 **No more sad or tragic movies that leave me feeling heavy and weepy.** My emotional reserves are too precious to be spent on fictional heartbreak before sleep.

Instead, I curated an emotional diet for my evenings. I chose light-hearted comedies, inspiring nature documentaries, and gentle, uplifting music. **Anything that made me feel calm, safe, and happy.** This is not about being weak or overly sensitive. This is about being smart.

It's about understanding that your nervous system is in a delicate state and requires gentle handling. You are strategically creating an internal environment of peace to match the external sanctuary of your bedroom.

Protect the last hour of your day as fiercely as you protect your own child. Because, in that hour, you are parenting your own tired, frayed nervous system.

You are soothing it, calming it, and telling it, *“You are safe. All is well. Now, you can rest.”*





PART 3 :

PILLAR 2 :

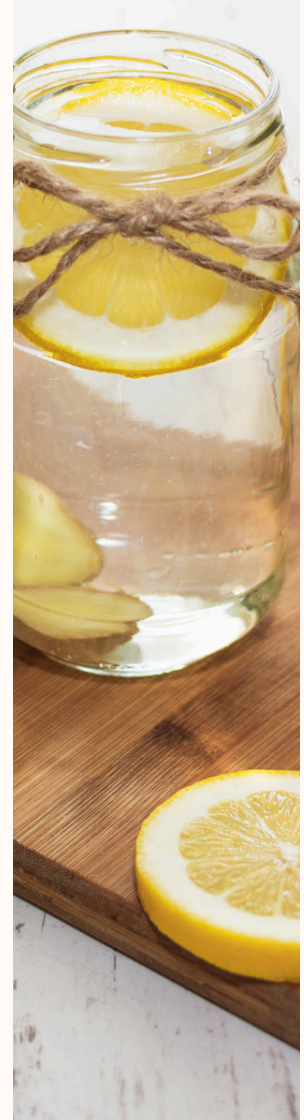
NUTRITION FOR
A CLEAR MIND

The Foundational Habit: Your Morning Water Ritual

What is the very first thing you do when you wake up?

For most of my life, it was a stumbling, groggy walk to the coffee machine. I needed that jolt to cut through the fog in my head. But during menopause, I found that the coffee just made me more anxious and jittery, without actually clearing the fog. I realized that I was starting my day already dehydrated, and a dehydrated brain is a foggy, sluggish brain.

Think about it: you've (hopefully) been asleep for several hours. During that time, your body has been hard at work—repairing cells, fighting inflammation, and processing the day's events. All of these processes use water. You also lose water just by breathing. So, you wake up in a deficit. Reaching for coffee first is like trying to run a marathon after fasting for several days.



Your body, and especially your brain, is desperate for its most essential nutrient: pure, simple water.

So, I made a new rule. This became the very first conscious act of my day, the foundation upon which everything else is built. Before coffee, before tea, before doing anything else, I drink two tall glasses of room-temperature water. This is not a suggestion. This is the new law of your morning.

Here's why this tiny change is so powerful:



7

It's an Instant Brain-

Boost: Your brain is about 75% water. Giving it a big drink first thing in the morning is like watering a wilted plant. You can almost feel your brain cells plumping up, ready to get to work.

2

It Flushes Overnight

Toxins: While you were sleeping, your liver was working hard to process waste. That first drink of water acts like a gentle flush, helping your system clear out all that metabolic garbage before you add anything else to it.

3

It Sets the Tone for the

Day: This simple ritual is your first act of self-care. It's a silent promise you make to yourself: "*Today, I will give my body what it needs.*" It's a small victory that you can achieve before you've even had breakfast.

Place two glasses by your sink before you go to bed. When you wake up, fill them and drink them. Stand at the window if you can. Just drink the water. Don't think about the day ahead yet. Just give your body that first, essential gift.

I wait at least half an hour—and sometimes up to an hour—after my water before I have my coffee, tea, or my breakfast. **This gives the water time to work its magic** without interference. This one habit, more than almost any other, felt like I was washing my brain from the inside out.

It's the simplest step, and it is non-negotiable.



The 15-Day Lemon Water Reset

The morning water ritual is your daily foundation. It's your steady, reliable maintenance. But let's be honest. There are days—or even weeks—when the fog feels thicker, the irritation is sharper, and you feel like you're sliding backward.

On those days, you need something more. You need a reset button. A targeted deep-clean for your system.

This was my secret weapon for those really tough stretches. Whenever the symptoms flared up with a vengeance, I would upgrade my morning water ritual to a more intensive, therapeutic cleanse.

I call it the ***15-Day Lemon Water Reset***. It's just as simple as the daily ritual, but it gives your body an extra detoxifying kick.

The Protocol:

Every morning, for 10 to 15 days in a row, squeeze the juice of half a fresh lemon into your two glasses of water.





That's it. That's the entire protocol. But don't let its simplicity fool you. You are giving your body a powerful tool. **The lemon juice helps to stimulate your liver**—your body's primary filter—to work more efficiently. It helps your system flush out the accumulated sludge, including toxins and the remnants of heavy metals that can contribute to brain fog. It's also packed with Vitamin C, which is crucial for helping your body cope with the stress hormone cortisol.

Think of it like this: your daily water is the gentle sweeping of your floors. The lemon water reset is when you bring in the floor polisher for a deep, restorative shine. It's important that this is a temporary tool, not a permanent habit. You use it as an intervention when you need it most.

Do it for 10 or 15 consecutive days, and then return to your plain morning water ritual.

You can deploy it again a month or two later if you feel the fog starting to creep back in. Knowing I had this tool in my back pocket gave me an incredible sense of control. **When a bad day hit**, I no longer felt helpless. I had a plan. I could wake up the next morning and say, “*Okay. Today we start the reset.*” It was a way of taking action, of fighting back with something tangible and effective.

Breaking Up with Brain-Fog Foods

This is the chapter where the tough love really comes in. We've cleaned up our environment, and we're hydrating our brains. Now we have to talk about what we are putting on our plates.

I don't like the word "diet." It sounds like deprivation and punishment. I prefer to think of this as a "break-up."

You are consciously choosing to end your relationship with foods that are actively hurting you, lying to you, and sabotaging your mental clarity.

I didn't eliminate a hundred different things. I focused on the three biggest traitors.





1. The “*One Teaspoon*” of Sugar.

I told myself for years that the one little teaspoon of sugar in my morning coffee was “*no big deal.*” It was my one small pleasure. It was also a lie. That one teaspoon was a saboteur.

For a menopausal body, sugar is pure poison. It creates a storm of inflammation throughout your body, and especially in your brain. It feeds the bad bacteria in your gut, which directly impacts your mood and creates anxiety.

It sends your blood sugar on a rollercoaster ride that your already-stressed hormonal system simply cannot handle.

That one “harmless” teaspoon was keeping me locked in a cycle of morning jitters and afternoon crashes.

So, I broke up with it. I didn’t do it overnight. First, I cut it down to half a teaspoon and I did this for a week. Then I cut it to a quarter teaspoon.

Then, one morning, I tried my coffee plain. And you know what? It tasted like coffee. Rich and wonderful. It took about two weeks, but my taste buds reset. This was a non-negotiable divorce, and it was liberating.

2. Processed Foods and Cold Cuts.

This was my next breakup. I purged my kitchen of anything that came in a crinkly bag or a plastic tray with a list of ingredients I couldn't pronounce. Chips, packaged cakes, microwave meals, and yes, all cold cuts, like ham and salami.

These aren't really foods. They are food-like products, loaded with chemical preservatives, excessive salt, unhealthy fats, and nitrates.

Your liver, which is already working overtime to manage your chaotic hormones, now has to deal with this chemical sludge, too.

It diverts precious energy away from the important work of helping you think clearly.

My rule became simple: if my great-grandmother wouldn't recognize it as food, I wouldn't eat it.





3. The Alcohol Betrayal (The “*One Glass Rule*”).

This was the hardest break-up. A glass of wine at the end of a long, stressful day felt like a reward. A friend. A way to finally unwind. But it was a friend who stabbed me in the back every single night.

Alcohol may make you feel sleepy initially, but it completely disrupts your sleep architecture later in the night. It prevents you from getting the deep, restorative sleep your brain is crying out for. It’s also a massive trigger for night sweats and hot flashes. That glass of wine I thought was helping me relax was actually fueling my 3 a.m. misery.

I didn't quit entirely. That felt too punishing. Instead, I made a new, strict rule for myself: The One Glass Rule.

I could have one glass of wine, with dinner, a few times a week. Never more. Never on an empty stomach. And never close to bedtime.

This wasn't about deprivation. This was about liberation. Every processed food I didn't eat, every extra glass of wine I turned down, **was a choice**. I was choosing clarity over clutter. I was choosing calm over chaos. I was choosing to love my struggling body enough to finally give it the clean fuel it deserved.



PART 4 :

PILLAR 3 :

MINDFULNESS
& NATURE'S
PHARMACY

Your Herbal Toolkit for Hormonal Harmony

After I cleaned up my environment and my diet, I started to feel a real shift. The fog was thinner, and the nights got better. But I still felt... fragile.

My hormonal system felt like a ship that had been tossed around in a storm, and while the hurricane had passed, the vessel was still rocking precariously.

I knew I needed something to help me find my equilibrium again. This is when I turned to nature's pharmacy—the quiet, steady wisdom of herbs. Women have used herbs for centuries to support their bodies through this exact transition.

This isn't about finding a magic pill. It's about finding gentle, persistent allies. These are the herbs that became my trusted companions on the journey back to balance.



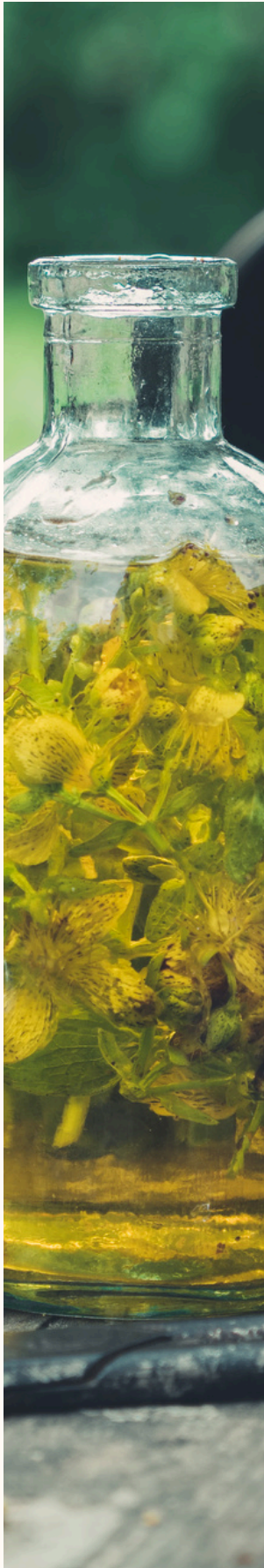
I think of them as my personal toolkit, each with a specific and valuable job to do.

Please note



Please note, **before making significant changes to your diet**, or beginning any of the herbal remedies mentioned here, it is essential that you have a conversation with your medical advisor.

This is especially true if you have existing health conditions or are taking any medications.



For Intimate Comfort: St. John's Wort Oil

Let's talk about a symptom we rarely discuss, but that can cause so much discomfort: **vaginal dryness**. In the first few weeks when this was intense for me, it was maddening.

I found incredible relief with *St. John's Wort oil*. It's a gentle, soothing, and natural remedy.

After using it for 2–3 months, the problem simply stopped being a problem. It was a quiet, private victory that made a world of difference.

For Overall Balance & Hot Flashes: Chaste Tree (Vitex)

If I had to pick one master herb for this journey, this would be it.

Chaste Tree, also known as Vitex, is famous for its regulatory effect on the entire hormonal system. Think of it as a wise conductor bringing a chaotic orchestra back into harmony.

I regularly drank it as a tea or took it as a tincture, and it was invaluable for **reducing the intensity of my hot flashes**, calming my irritability, and helping me sleep more soundly.

For a System Reset: Shepherd's Purse Tea

During the turbulence of perimenopause, sometimes you need to do a system reset. Shepherd's Purse is brilliant for this. It's especially known for helping with heavy bleeding, but I used it as a general tonic. Here is the exact cycle I followed:



1

I drank 1–2 cups of Shepherd's Purse tea every day for four weeks.

2

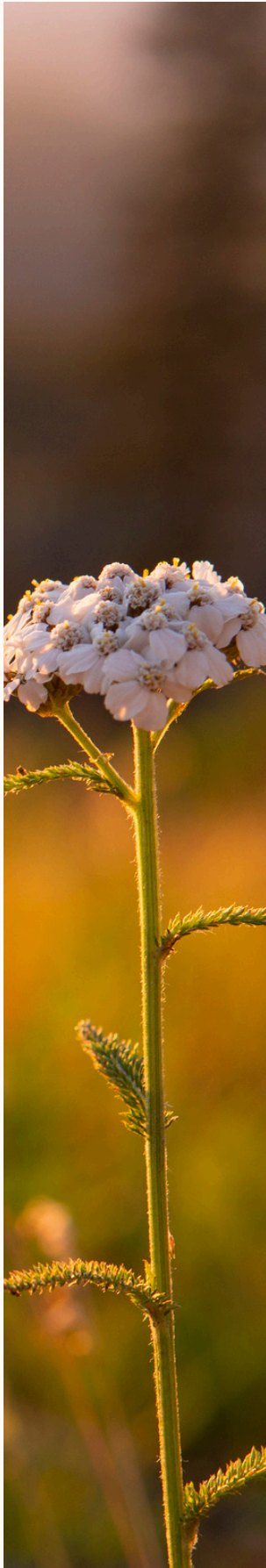
Then, I stopped completely for 3–4 weeks to let my body integrate the changes.

3

If I felt I needed it, I would repeat the cycle.

How to make the tea:

To make an infusion, add one heaping teaspoon of the dried herb to a cup (about ml (milliliters) or 8 fl oz (fluid ounces) of boiling water. Let it infuse for 4–5 minutes—it's important not to boil the herb itself. Strain it, then drink it slowly, sip by sip. I would often make two cups in the morning and make them last the whole day, taking little sips here and there.



For Inner Peace:

Yarrow Tea

I will never forget the words of an old, wise botanologist I once read. He said:

“Women could be spared many troubles if they just drink yarrow tea from time to time.

Those words stuck with me, and he was right. Yarrow became my go-to remedy for that feeling of inner restlessness and anxiety that I just couldn't shake. It has a grounding, calming quality that soothes the spirit.

How to make the tea: Just like with Shepherd's Purse, pour a cup of boiling water over one heaping teaspoon of the herb. Let it steep for 4–5 minutes, and drink one or two cups a day.

These herbs became my friends.

They were my quiet support system, working gently in the background to help my body heal itself.

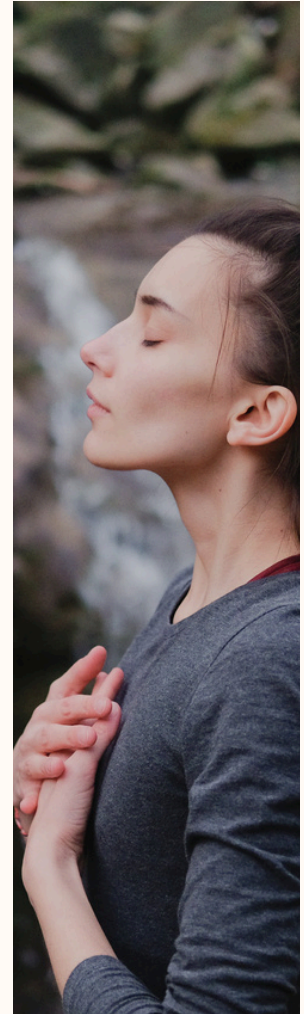
In the next chapter, we'll add another powerful tool to our kit—one that requires nothing but your own breath.

The 4x4 Calm Breath: Your Instant Anxiety Reset

The herbal allies we just discussed are wonderful. They work steadily in the background, helping to rebalance your system over time. But what about those moments when you need help right now?

I'm talking about when you feel that sudden, hot wave of irrational anger rising in your chest over a misplaced set of keys. **Or when you wake up at 3 a.m.** with your heart hammering against your ribs for no reason at all. Or when you're standing in the grocery store and the lights and noise suddenly feel so overwhelming, you want to scream.

In those moments of emotional hijack, you don't have time to make a cup of tea. You need an emergency brake. An anchor. A tool so fast and so powerful it can stop the panic spiral in less than a minute.



Your breath is that tool. This technique costs nothing, you can do it anywhere, and no one even has to know you're doing it.



It's a simple breathing method, and it was my secret weapon for reclaiming control when my emotions threatened to sweep me away. **I call it the 4x4 Calm Breath.**

When we are stressed or panicked, our breathing becomes shallow and fast.

This sends a signal to our brain that the danger is real, which makes us panic more, which makes our breathing even faster. It's a terrifying feedback loop.

The 4x4 breath physically breaks that loop. It sends a powerful, undeniable signal from your body back to your brain that says: *"I am in control. The emergency is over. Stand down."*

Here's how you do it. **Let's walk through it together.**

Find a quiet spot if you can, but know that you can also do this in line at the bank or while sitting in your car. Close your eyes if that feels most comfortable.

Step 1: Inhale slowly.

Breathe in gently through your nose for a slow count of four. Feel your belly expand.

One... two... three... four.

Step 2: Hold your breath.

Hold that breath at the top. Don't clamp down, just pause.

One... two... three... four.

Step 3: Exhale slowly.

Breathe out slowly and completely through your mouth for a slow count of four.

One... two... three... four.

Step 4: Hold the exhale.

Pause again at the bottom, with all the air out. This is the magic step.

One... two... three... four.

That's one cycle. **Now, repeat it four or five times.**



By deliberately controlling your breath in this slow, rhythmic square, you are manually overriding your body's panic response. You are forcing your racing heart to slow down. You are telling your adrenal glands to stop pumping out cortisol.

Use this method anytime you feel the storm gathering. Use it when you wake up at night.

Use it before a difficult conversation. Use it when the brain fog feels so thick you can't form a sentence.

This simple, conscious act of breathing is a profound declaration. It is you, in the midst of the chaos, choosing calm. It is you, taking back the controls, one steady breath at a time.





PART 5 :

PILLAR 4 :

MOVEMENT AS
MEDICINE

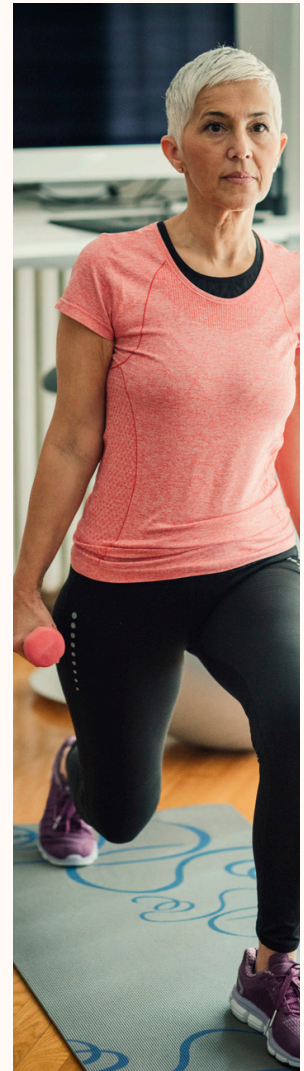
Your Brain's Best Friend is a 30-Minute Walk

When you are bone-tired, achy, and feeling like your head is full of cotton wool, the absolute last thing you want to hear is that you should “exercise.”

The very word sounds exhausting. It brings up images of punishing gym sessions, complicated routines, and feeling like a failure before you even start.

So, let's throw that word out the window. We are not going to “exercise.” We are going to move. And we are going to move with a single, clear purpose: **to heal our brain.** For years, I believed that if a workout didn't leave me breathless and sore, it wasn't worth doing.

During menopause, I learned how wrong I was. Intense, high-stress workouts can actually be counterproductive for us.



They can spike our already high cortisol levels, putting even more strain on our exhausted adrenal glands and making us feel more anxious and depleted.



We have to be smarter than that. We have to choose movement as medicine, not punishment. And the most powerful, accessible, and effective medicine I found was the humble, daily walk.

My daily 30-minute walk became as non-negotiable as my morning water. Here's why it is so profoundly effective for a menopausal brain:

1. It Creates Brain Fertilizer.

This is the most exciting part. Gentle aerobic movement, like a brisk walk, signals your body to produce a miraculous protein called BDNF (Brain-Derived Neurotrophic Factor). The simplest way to think of BDNF is like Miracle-Gro for your brain cells. It helps you grow new neurons, protects the ones you have, and improves the communication between them. A daily walk is literally helping you rebuild a healthier, clearer brain.

2. It Burns Off Anxious Energy.

Remember that raw, jangly, under-the-skin irritation? That's excess cortisol and adrenaline buzzing through your system with nowhere to go. The steady, rhythmic motion of walking—left foot, right foot, left foot—is the perfect way to process and release that nervous energy. It physically calms your system. You walk out the door feeling tense and prickly; you come back feeling smoother and more centered.

3. It Helps You Sleep.

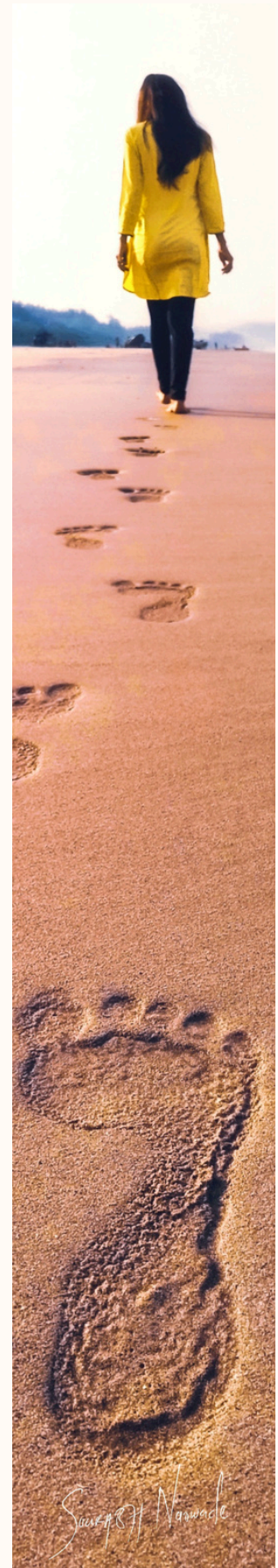
A walk in the late afternoon or early evening, especially if you can do it outside, helps to reset your body's internal clock. The exposure to natural, fading light tells your brain it will soon be time to produce melatonin. The gentle physical exertion helps your body feel a pleasant sense of tiredness later on, priming it for rest.

This is your new prescription.

A 30-minute walk, every single day. You don't need special clothes or a gym membership. You just need a comfortable pair of shoes and your own front door. Put on some music, a podcast, or just listen to the sounds around you.

The goal is not to break a record. It is simply to move your body consistently. On days when you feel stiff or particularly tense, you can add another layer of medicine: gentle stretching. Just 10 minutes of moderate stretching when you get back from your walk can release all the tension we tend to hold in our necks, shoulders, and hips. It's the perfect way to complete the cycle of moving your body and calming your mind.

This is your fourth pillar. Let's review the pillars again: a sanctuary for your sleep, clean fuel for your body, gentle herbs for your hormones, and now, healing movement for your brain. With this complete toolkit, you are ready for anything.





PART 6:

*THE MIND OVER
AGE POWER-UP:
YOUR ULTIMATE
BRAIN DETOX*

The Anti-Radiation Elixir

We have now built our *four pillars of wellness*.

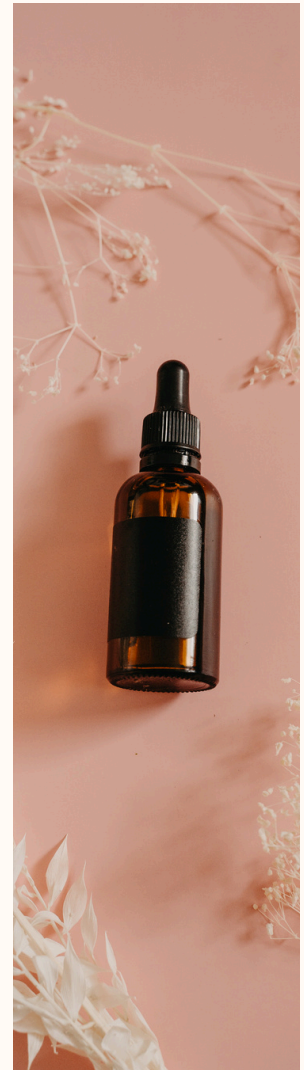
We've quieted our environment, we've cleaned up our food, we've embraced our herbal and breathing allies, and we've made healing movement a part of our daily lives.

These are the practices that will carry you through, day in and day out. But sometimes, you need to go deeper.

This chapter is my most potent tool.

It's not for every day. It's a targeted, deep-cleaning protocol for your brain.

I came to this after I discovered a 5G cell tower had been installed near my home, and I realized that my constant time on computers was a significant part of my toxic load.



I knew I needed something powerful to help my brain deal with the constant, invisible bombardment of modern life.



I call this my *Anti-Radiation Elixir*.

It is a fresh juice shot designed to help your brain detoxify from the specific stressors of our electronic world.

First, who is this for? This is especially for you, if you:

- Spend a lot of time using computers, cell phones, or other electronic devices.
- Live or work near a high-voltage area or a cell phone tower.
- Frequently travel by airplane.
- Work or live in close quarters with others who are constantly using devices.
- Spend your day within a few feet of an internet router.
- Have noticed inexplicable issues like poor sleep, frequent insomnia, or strange heart palpitations, especially at night.

If you nodded your head to even one of these, this elixir is for you.

The Recipe (Makes 1–2 juice shots):

You will need a juicer to make this. The ingredients are simple, but their synergy is powerful.

- 1/4 cup of fresh parsley
- 1/2 cup of raw, peeled, and diced potato
- 1–2 stalks of celery

A crucial note: It is best to use organic vegetables for this to maximize its cleansing power and avoid introducing harmful pesticides. If organic produce is not available to you, use conventional, but be extra diligent.

Wash the celery and parsley thoroughly. For the potato, wash it well, and peel it completely. Be sure to discard any potatoes that have green skin or have started to sprout.





The Ritual:

1. Run the ingredients through your juicer in the order listed: first the parsley, then the potato, then the celery.
2. Pour the small amount of vibrant green juice into a glass.
3. Drink it immediately. Fresh juice loses its potency quickly.
4. Drink this juice shot at least 20–30 minutes **before or after** taking any other food, drink, or supplements. Give it a clear runway to do its work.

You can drink this daily for a cycle of 10, 20, or even 30 days if you feel you are in a particularly toxic environment.

What to Expect:

The first few days, you might not notice much change but be patient. After a week or so, the magic begins. ***This is what I experienced:*** the brain fog began to dissolve in a new, profound way. I found it easier to express myself. My thoughts felt clearer and more connected. My intuition, that quiet inner knowing that gets so muffled by the noise, became sharper. I felt a simple, clean kind of happiness creeping back in. This elixir is your power-up. It's how you give your brain the deep-cleaning support it needs to thrive in a world that is, frankly, trying to overload it.



C O N C L U S I O N :

Y O U R
B L U E P R I N T F O R
L A S T I N G C L A R I T Y
A N D C A L M

Building Your Daily Blueprint

You now have a powerful toolkit available to you. We've covered everything from Wi-Fi routers, to walking, to water. Reading it all at once might feel like a lot to remember. You might be wondering, *"How do I fit all of this into my already busy life?"*

I understand. The goal isn't to add more stress to your life by giving you a rigid, complicated schedule. The goal is to weave these new habits into a simple, flexible rhythm—a daily blueprint that supports you without overwhelming you. Here is what a typical day can look like. This isn't a prison; it's a framework. Find your own version of it.

The Morning (Your Foundation)

- 1. Wake & Hydrate:** Before anything else, drink your two tall glasses of water. If you're on a reset, this is when you add your lemon. If you're doing the Elixir protocol, this is your time for that.
- 2. Move Your Body:** This is the ideal time for your 30-minute walk. Get it done before the day's demands pile up. You'll feel energized, and your brain will thank you for the BDNF boost.
- 3. Clean Fuel:** Have your breakfast, remembering your break-up with sugar and processed foods. Enjoy your coffee, plain and delicious.





The Afternoon (Your Midday Reset)

1. **Mindful Choices:** Your afternoon is about staying the course. Choose a clean, whole-food lunch.
2. **Breathe Through Stress:** If you feel the fog rolling in or a wave of irritation at work or home, this is when you use your 4x4 Calm Breath. Take a five-minute break, close your office door or step outside, and reset your nervous system.
3. **Practice Safer Tech:** Remember your wired headphones for calls. Step outside if you can. Be conscious of your digital environment.

The Evening (Your Sacred Wind-Down)

1. **The “One Glass Rule”:** If you enjoy a glass of wine, have it with your dinner, not later.
2. **The 9 PM Digital Sunset:** This is a firm boundary. All screens go off. The digital day is done.
3. **Create Calm:** This is your time for a paper book, gentle music, or a cup of herbal tea (Chaste Tree or Yarrow are wonderful here).
4. **Prepare the Sanctuary:** As you get ready for bed, make sure the bedroom is dark and cool. Put in your earplugs. Leave the phone charging in the kitchen.

This is it. This is the blueprint that took me from feeling like a frayed, foggy mess to feeling clear, calm, and in control of my life. The secret is not in doing it perfectly, but in doing it consistently. And that brings us to our final, and perhaps most important, conversation.

Navigating Setbacks with Self-Compassion

There is going to be a day when you don't do any of this.

You'll wake up late, skip your water, and mainline coffee. You'll eat a sugary pastry for breakfast because it's there. You'll be too busy for a walk, you'll have two glasses of wine instead of one, and you'll fall asleep with the TV on because you're just too tired to care.

And you will wake up the next morning feeling foggy, guilty, and defeated. You will hear a voice in your head say, *"See? You can't do it. You've ruined everything. Why even bother?"*

I am here to tell you to expect that day. And more importantly, to tell that voice to be quiet. A bad day does not erase your progress. It does not mean you have failed. **It simply means you are human.**



This is not a pass/fail exam; it is a lifelong practice of tuning in to what your body needs.



The most important skill you can learn on this journey is not discipline, **but self-compassion.** When you have an off day, beating yourself up is the worst thing you can do. Guilt and shame are just more forms of stress, flooding your system with the very cortisol we are trying so hard to reduce.

So, when that bad day happens, **I want you to do this instead:** I want you to take a deep breath and say to yourself what you would say to a dear friend:

“Okay, yesterday was rough. You were tired and overwhelmed. That’s okay. Let’s just press the reset button. What is the next right choice we can make, right now?”

- The next right choice might be a big glass of water.
- It might be putting on your shoes and walking for just 10 minutes.
- It might be making a healthy lunch.
- It might be simply doing one cycle of your 4x4 breathing.

This journey is not about being perfect. **It’s about being persistent.** It’s about choosing, again and again, to show up for yourself, especially after the days you don’t.

It's about loving yourself enough to get back on track, not with criticism, but with kindness.

“ This is the true meaning of *Mind Over Age*. It's not about defeating age. It's about using your mind, your wisdom, and your compassion to rise above the challenges that come with it.

You have the power, you have the tools, and you are worth the effort. Every single day.





A FINAL, ESSENTIAL NOTE:

*PARTNERING
WITH YOUR
MEDICAL
ADVISOR*

Throughout this book, I have shared my personal journey with you as a friend. I've opened my heart and my playbook to give you the tools that helped me reclaim my life from the fog of menopause.

My greatest hope is that you use these tools to build a life of clarity and peace. And the smartest, most powerful tool of all is your own wisdom, combined with professional medical guidance.

“Please think of this book as a powerful companion on your journey, but not as a replacement for your doctor, who is your staunchest ally in health.

Before making significant changes to your diet, or beginning any of the herbal remedies mentioned here, it is essential that you have a conversation with your medical advisor. This is especially true if you have existing health conditions or are taking any medications.

Partnering with your doctor is not a sign of weakness; **it's a sign of profound self-respect.** It's you, taking charge of your health from every possible angle. You deserve a team of support, and your doctor is a vital part of that team.

Take this knowledge, take this hope, and use it to have empowered, informed conversations. You are the CEO of your own well-being.



Thank You



At 58, I've gained a deeper understanding of both my body and mind than ever before.

Thank you for trusting me with your time and your hope. **Thank you for allowing me to share my story with you.**

As I was writing this, I looked back at my old journals from those first few years. The pages are filled with so much confusion and despair. But then, slowly, the entries begin to change. I wanted to share one with you, from about six months after I committed to these changes:

From my journal:

"Woke up at 6 a.m. Not from a hot flash, but because the sun was rising. The silence in the house feels like peace now, not emptiness. I stood by the window with my glass of water. I felt... clear. Like my own mind was finally my friend again. I can feel myself coming home."

My deepest wish...

My deepest wish is that you find your own “*coming home*” moment. This journey is yours. Be patient with it. **Be kind to yourself.**

You are not just surviving this; you are on the path to thriving in a way you never thought possible.

You have taken a powerful step for yourself. Remember that every small act of care adds up. With every page, you have chosen clarity, honored your needs, and treated your mind with kindness.

A deep breath, a nourishing meal, a good night’s sleep, a moment of quiet—these are not small things. They are the foundation of your well-being. Your efforts matter.

You are not alone on this journey!

With all my support,

Demi



info@mindoverage.com
www.mindoverage.com



Stories of Clarity:



SARAH MAKENNA, 52

I'm a 52-year-old accountant, and the brain fog was so bad I was terrified I would lose my job. I thought I had early-onset dementia. This book gave me a practical plan. The 9 PM Digital Sunset and the morning water ritual were game-changers. Within a month, I felt like myself again at work. It didn't just save my career; it saved my sanity.



EMMA TREMBLAY, 56

For two years, I hadn't slept for more than three hours at a time because of the night sweats. I was a walking zombie. I followed the Sleep Haven protocol to the letter—I kicked the phone out, got the earplugs, everything. The first night I managed to sleep for six straight hours, I cried with relief. This book gave me back my sleep.

Stories of Clarity:



DAVINA STEWART, 54

My family was walking on eggshells around me. My temper was explosive, and I hated the person I was becoming. The 4x4 Calm Breath is now my emergency brake. I use it five or six times a day. That, plus my daily walk, has smoothed out all my sharp edges. My husband just hugged me and said, *'It's so good to have you back.'* Thank you.



HARPER CAMERON, 59

I just felt... lost. Disconnected from my own body and my own life. I started with the herbal teas, just as a small first step. The Yarrow tea calmed my inner restlessness almost immediately. I now do the whole protocol, right down to the Elixir, and I feel more in control and more hopeful than I have in years. This isn't just a book; it's a roadmap out of the darkness.

Your Journey Continues...

✦ The Clarity Planner ✦

For the woman who wants to build a simple, consistent routine for daily clarity and focus.



Discover Your Planner

✦ Sleep & Calm ✦

For the woman who wants to cultivate a peaceful night's sleep and a calmer state of mind.



Discover Your Planner

The Clarity & Focus Planner: Your Daily Guide to Clarity

- Build a daily routine for mental focus.
- Track your symptoms to uncover hidden triggers.
- Regain your clarity and memory—naturally.



[Discover Your Planner](#)

The Sleep & Calm Planner: Your Nightly Path to Peace

- Craft a sanctuary for deep, restorative sleep.
- Learn to soothe nighttime anxiety and racing thoughts.
- Wake up feeling rested and mentally clear.



[Discover Your Planner](#)





Thank You

For Your Purchase

I appreciate it and hope to serve
you again in the future.



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